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Sens cap brewin' up a good cause

Erik Karlsson develops a coffee blend for a second year in support of Boys & Girls Club PAGE 3

Path clear for Leslie in Ottawa-Orleans riding

Bertschi not allowed to run PAGE 8

THEY'RE NOT JUST FLYING RATS

...OR SO A NEW DOCUMENTARY WOULD HAVE YOU BELIEVE PAGE 17

Ottawa-Orléans MP Royal Galipeau (left), Canadian Heritage Minister Shelly Glover, John Baird, the federal minister responsible for the National Capital Region and Alex Benay, CEO of the Canada Science and Technology Museums Corporation (not pictured), announce a planned $80.5 million revamp to the Canada Science and Technology Museum. ERIN MCCRACKEN/METROLAND NEWS SERVICE

Feds pony up: $80.5M science museum fix is in

'No Band-Aids.' Massive overhaul of mould- and asbestos-ridden facility planned; move to LeBreton Flats nixed

Talk of opening a new Canada Science and Technology Museum in LeBreton Flats was nixed Monday with the federal government's promise to spend $80.5 million to upgrade, repair and modernize the mould- and asbestos-contaminated facility.

"For all intents and purposes, this will be a new facility by the time we're done with it," said Alex Benay, president and CEO of the corporation that manages the national science museum.

Officials say the money will pay for a new roof, mould removal, modernizing the exterior façade, seismic and fire safety retrofits and expanding exhibit space.

Construction is expected to begin in spring 2015 with the museum reopening in summer or fall of 2017.

"The one thing when we were discussing what to do in going forward with this — no patch jobs, no Band-Aids," said Foreign Affairs Minister John Baird, speaking in his role as the minister responsible for the National Capital Region. "This needed a major revitalization."

The museum, which has been at its present location on St. Laurent Boulevard since 1967, unexpectedly closed Sept. 11 and about 36 staff were evacuated when high levels of airborne mould, caused by a leaky roof, were detected during regular maintenance.

The decision to overhaul the current site is the "most reasonable and responsible conclusion," said Baird, backtracking on his enthusiasm in recent weeks to move the museum to LeBreton Flats by saying there wouldn't be enough space at the mixed-used site for a larger Science and Technology Museum.

"I never imagined that (Canadian Heritage) Minister (Shelly) Glover could be so successful so quickly in securing such a significant amount of money to rejuvenate the current site," he said.

Glover, whose ministry is funding the project, said a brand new museum would cost taxpayers hundreds of millions of dollars.

Requests-for-proposals related to the overhaul are expected to go out this week.

Museum officials hope the new design will incorporate space for revolving exhibits to maximize the experience for visitors to make the museum a "hot-ticket item" when the facility re-opens.

ERIN MCCRACKEN/METROLAND NEWS SERVICE

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Erik Karlsson poses with his special blend of coffee, EK #65, at Bridgehead on Monday. Two dollars from every pound sold will go toward the Boys & Girls Club. LUCY SCHOLEY/METRO

When the 'C' stands for more than just 'Captain'

Erik Karlsson meets Bridgehead. Coffee brewed up to support local Boys & Girls Club

LUCY SCHOLEY
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Erik Karlsson may have a second calling in blending coffee.

It's the second year the captain of the Ottawa Senators has developed his own blend at Bridgehead in support of the Boys & Girls Club. This year, two dollars from every pound of EK #65 will go to the Homework Club, where kids can get help with their school assignments.

Karlsson prefers his coffee strong, but this year he picked a blend that's "a little bit kinder to the stomach."

"I started drinking coffee at a fairly early age," he said. "Most of my time, when I go back (to Sweden) for the summer, I go work out and then go downtown for lunch and sit there for hours in coffee shops."

For those of you with a sophisticated coffee palate, the EK #65 is made with Honduras beans. It has hints of caramel and nuts.

Colleen Mooney, executive director of the Boys & Girls Club, said Karlsson's blend last year raised $11,000 for the Homework Club. She said the program's results are "better than ever."

Good works

85%

Attendance at the Ottawa Boys & Girls Homework Club has increased by 85 per cent over the last five years, according to the group's executive director.

"Attendance has increased by 85 per cent over the past five years," she said. "But, for me, the most significant number is that almost 80 per cent of the kids who filled out the survey … said that Homework Club was the place they got the most help with their homework."

Karlsson will likely drink more coffee on Thursday, when the Senators play the Nashville Predators. He tends to down more cups on game days.

"I try to cut down at times, but you've just gotta keep drinking water, as well," he said.

Karlsson's coffee will be available piping hot — or in bags — at Bridgehead today.

Troubled, violent offender loses appeal on conviction

The Ontario Court of Appeal has upheld a conviction that led to a troubled Ottawan's designation as a dangerous offender and an indefinite detention in jail.

Jeffery Verdon, 37, was convicted in May 2012 of criminal harassment relating to threats he made about his then-girlfriend Tammy Samson's landlady, one 78-year-old Ljudmila Valencic.

Valencic had gone to Samson's apartment to give her a 24-hour notice about viewing her apartment in relation to a landlord-tenant dispute. Verdon got angry, yelled at Valencic, wouldn't let her leave the apartment for a time and then told Valencic's maintenance man he'd kill Valencic if she went to the police.

The court ruled there was ample evidence to support the conviction.

Verdon, who has a past conviction for manslaughter and a history of domestic violence and violence in jail, was declared a dangerous offender in 2013.

Verdon was attacked when he was four years old by a pedophile named Jean Dionne, in February 1982. Dionne threw Verdon and Verdon's two-year-old brother Jason into the Ottawa river. Jason drowned, but Verdon was rescued by a jogger.

SEAN MCKIBBON/METRO

Ottawa Hospital. 'Do the Blue' for women's health

The Ottawa Hospital has launched the "Do the Blue Challenge," asking women to paint their nails Ottawa Hospital blue, take a selfie and share it, along with a pledge to take better care of themselves.

Then the hospital wants women to challenge their friends to do the same and make a donation in support of women's health.

"We want women in Ottawa to pledge to take better care of themselves," said Peggy Taillon, co-chair of the Healthy Women Healthy Community Campaign in a news release.

"We all need to be active participants in our own personal health, but also in the health of the incredible women that surround us each day."

Among the goals of the hospital is building a new Breast Health Centre and expanding a minimally invasive surgical suite at the Shirley E. Greenberg Women's Health Centre. METRO

Recent allegations of misconduct by male MPs raised by female MPs have some asking if it's time for women on the Hill to band together as they did in the past to address issues that confront women working in Parliament. SEAN KILPATRICK/METRO

Is now the time for the revival of the Women's Parliamentary Association?

Vehicle for change.
Group disbanded after 1993 election, but harassment, sexism problems persist

Penny Collenette said she noticed a change in the working conditions for women on Parliament Hill after the Women's Parliamentary Association got together.

The group, which formed 25 years ago after an unprecedented number of women were elected, pushed for getting better lighting in parking lots after one of the female MPs was mugged. The group also worked with the Speaker to develop sanctions for racist and sexist language in the Commons.

"Whenever a woman got up to say something, especially if it was on an issue related to women, oh my God, the catcalls and the booing," said Collenette, a former federal Liberal party organizer and adviser.

She worked in the Prime Minister's Office from 1993 to 1997 and is now a law professor at the University of Ottawa.

The recent events on Parliament Hill — where two MPs were suspended from the Liberal caucus Nov. 5 over unspecified allegations of "personal misconduct," which sources say were sexual in nature, toward two unidentified female NDP MPs — raises the question of whether it is time to revive the Women's Parliamentary Association.

Collenette said if the association is struck up again, it has to involve both men and women.

Nancy Peckford, executive director of Equal Voice, said a revived group could have some power on Parliament Hill.

But a greater game-changer would be more female MPs sitting in the House of Commons.

"It's not to say that men aren't champions for change," she said.

"Many of the men on the Hill, I think, are, and they want to see a different environment on the Hill. But, really, in our view, it's partly just a numbers game."

The number of female MPs (39 out of 295) elected in 1988 falls well short of the 33 per cent "critical mass" that groups like Equal Voice would like to see represented in the House of Commons, but in the five years it existed, the Women's Parliamentary Association did get some things done.

"We were there and we put the word out that we were there and if you had problems, to come to us," says Mary Clancy, a former Liberal MP from Halifax who helped start the association.

They got the Speaker to hire someone to deal with sexual harassment complaints from female staffers against their bosses, although Clancy notes with regret that no complainants ever came forward.

The news from Parliament Hill these past couple of weeks shows that is one issue that has never really gone away.

"That there still should be any kind of harassment or perceived harassment is very sad in this day and age, where women have moved so far and advanced so far and yet may still be perceived as sexual objects," says Collins.

"It's a bit unbelievable," she says.

The Women's Parliamentary Association disbanded shortly after the 1993 election.

The newly elected Reform Party MPs did not wish to participate and the members felt it needed to include all parties to work.

LUCY SCHOLEY/METRO, WITH FILES FROM TORSTAR NEWS SERVICE

Canadian feminism

Here are some landmark events in Canadian history where women made their presence known.

- **1897.** Clara Brett Martin becomes Canada's first female lawyer.
- **1916.** Suffrage activist Emily Murphy becomes Canada's first female judge.
- **1918.** Canadian women (except First Nations women) are granted the right to vote in federal elections
- **1921.** Canada's first female MP, Agnes Macphail, is elected
- **1929.** The Persons' Case affirms women are eligible to sit in the Senate. A federal Women's Bureau is established in 1954.
- **1969.** The distribution of information about birth control is decriminalized.
- **1974.** RCMP hire their first female officer.
- **1981.** 1,300 women lobby MPs for inclusion of women's rights in the Canadian Constitution
- **1993.** Kim Campbell becomes Canada's first female Prime Minister.

From left: Ottawa Coun. Bob Monette, Ottawa-Orleans MP Royal Galipeau, NRC-IRAP Vice-President Bogdan Ciobanu and ING Robotic Aviation CEO Ian Glenn check out the Responder drone on Monday. LUCY SCHOLEY/METRO

Drone-maker flies high, with $350K in federal funding

Orleans. ING Robotic Aviation set to get large grant to commercialize its three types of drones

LUCY SCHOLEY
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An Orleans-based drone-building company that deployed robotic aircraft to Afghanistan is getting a federal grant to commercialize its products.

The federal government announced Monday that it would provide $350,000 in funding to ING Robotic Aviation to develop unmanned drones for mapping and collecting data.

"We've gone from spotting bad guys for troops in combat to looking for drug smugglers — and now we're doing really cool things like polar bear counts with multispectral imagers in the north and pipeline inspections," said CEO Ian Glenn.

Glenn attended the announcement with federal Minister of Industry James Moore, Ottawa-Orleans MP Royal Galipeau and Coun. Bob Monette, among others.

"We're not just building a company. We're leading the building of a sector, and that, I think, is really important for Canada."

The funding will go towards the salaries of the 15 new hires at its new facility at 1455 Youville Dr.

There are three models of drones: Responder, Serenity and Huginn X1.

Responders are like pint-sized choppers equipped with Nikon cameras. They hover silently and can monitor up to a 10-kilometre range.

The Serenity models look like small airplanes with wingspans of about 11 feet. They cover a wider range, but can't hover or capture a precise photo like the Responder.

The Huginn X1 is tailored for military use as it can be stored in a backpack and quickly deployed.

ING Robotic Aviation has shipped systems to regions in South America and Africa, and is authorized to fly its products in Canada.

Its primary clientele are in the oil industry, mining, forestry, precision agriculture, utilities (like hydro companies) and defence or public safety.

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U of O PhD grad

Researcher to be recognized for border security tech

A University of Ottawa PhD graduate who spearheaded the development of unique mission planning software the Department of National Defence purchased to secure Canada's borders will be given a special award Tuesday.

Rafael Falcon spent two years as an intern at Mitacs working on the technology called Risk Management Framework (RMF), which he says is a first of its kind in Canada. The National Research Council will present Falcon the Mitacs Award for Commercialization. Mitacs is a national, not-for-profit organization that partners private firms with the government to promote Canadian research.

His innovation incorporates real-time risk analysis in Larus Technologies' "Total::Insight" mission planning simulators for aerial surveillance operations along Canada's borders.

Rafael Falcon CONTRIBUTED

Its specific use by DND is top secret, said Falcon, who works for Larus at their downtown Ottawa office.

To be able to determine, for example, if a man running from a grocery store with a bag is a thief or someone catching a bus, takes situational awareness and risk analysis. That's where RMF comes in. The technology is able to analyze scenarios in minutes or even seconds before an aircraft takes off for a mission, he said. "Our technology is able to browse through a very large potential space of candidate mission plans, sometimes in the order of hundreds of millions potential alternatives, which, obviously, the human cannot do in a reasonable amount of time." JOE LOFARO/METRO

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University of Ottawa prof wins Polanyi Prize

Research. Work looking into effects of exercise on cancer treatment feted

JOE LOFARO
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An assistant professor in human kinetics at the University of Ottawa who is studying the possible benefits of exercise in cancer patients is among five recipients of the 2014 Polanyi Prize from the provincial government.

Dr. Jennifer Brunet's research explores the ways physical activity can have a positive effect on cancer patients during treatment and recovery and how it can prevent the disease.

The five recipients of the distinguished prize will be in Toronto Monday to receive the award, which is valued at $20,000. Elizabeth Dowdeswell, lieutenant governor of Ontario, and Reza Moridi, Minister of Training, Colleges and Universities, will present the awards.

"Dr. Brunet wants to demonstrate that physical activity is an effective therapy that can complement conventional medicine. Her current research is focused on the factors that hinder physical activity among people with cancer so she can determine what type of intervention people need to become more active after cancer treatment," the ministry stated in a news release. "Dr. Brunet hopes her work will lead to increased allocation of resources for physical activity in health care, resulting in improved health and well-being of cancer survivors in Ontario."

The distinguished prize has been awarded to some of the top researchers in the province since 1987 in honour of the late John Charles Polanyi, a 1986 Nobel Prize laureate in chemistry. The Polanyi prizes are awarded annually to five researchers in the early stages of their careers who are conducting post-doctoral research at an Ontario university.

Other recipients

The other 2014 recipients are Dr. William Bennett of the University of Waterloo for chemistry, Dr. Rahul Deb of the University of Toronto for economic science, Dr. Andrea Charise of the University of Toronto for literature, and Dr. Eduardo Martin-Martinez of the University of Waterloo for physics.

Dr. Jennifer Brunet has been awarded the prestigious Polanyi Prize. CONTRIBUTED

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Wind turbines are 'nightmare neighbours,' packed court hears

Contentious case.
Legislation prevents people from arguing the turbines might harm them: Lawyer

A wind turbine is seen in Melancthon Township, Ont., on Sunday. Several families are legally challenging construction of wind farms in parts of Ontario. COLIN PERKEL/THE CANADIAN PRESS

Wind turbines are like new neighbours who might drive you to distraction and out of your home because you have no legal way to deal with the situation, a packed Ontario court heard Monday.

In submissions to Divisional Court, a lawyer for four families fighting large-scale wind-energy projects compared the turbines to a neighbour who is always noisy and in your face.

"This neighbour never once ruptured your eardrums but that neighbour slowly drives you crazy," Julian Falconer told the court.

"These turbines are those nightmare neighbours."

The families are trying to get the court to declare provincial legislation related to the approvals of large-scale wind farms unconstitutional.

In essence, they argue, the legislation makes it impossible to scuttle a project on the basis of potential health impacts.

"The priority is to get the turbines up come hell or high water and that's what they do," Falconer said.

"My clients have to wait until the turbines are spinning before they get to make an argument they must be stopped — it's Alice in Wonderland."

The Drennans, who live near Goderich, Ont., are among the families involved in the first constitutional challenge to the Green Energy Act to reach the appellate court level.

Twelve turbines of the proposed 140-turbine K2 Wind project are being put up within two kilometres of their long-held farmstead.

"I must prove it will harm me, where if I was a drug company, they would have to prove they were safe," Shawn Drennan said in an interview.

Falconer, who sought to introduce a new Health Canada study as fresh evidence, said the science on the health impacts of wind turbines is unsettled.

A summary of the federal study released Nov. 6 turned up no direct link between wind-turbine noise and health effects, such as headaches, high blood pressure and stress.

However, the study did uncover a link between turbine noise and "high annoyance."

Falconer told the court that people have consistently reported being driven from their homes by turbines.

At the same time, he said, provincial legislation makes it impossible for reasonable people to argue the turbines might harm them.

THE CANADIAN PRESS

A new kind of green beer

From left: Graeme Cunningham, sales manager at Bullfrog Power, Johan Hamels, treasurer of Ottawa Renewable Energy Co-operative, and Steve Beauchesne, co-founder of Beau's All Natural Brewing Company at the Beau's Greener Futures Project Phase 2 and Bullfrog Power launch event at Beau's brewery in Vankleek Hill, on Nov. 15. Beau's is the first brewery in Canada to choose both 100 per cent green electricity and 100 per cent green natural gas with Bullfrog Power. MARKETWIRED PHOTO/BULLFROG POWER

Grits clear Leslie's path in Ottawa-Orleans riding

David Bertschi takes part in a Liberal leadership debate in Winnipeg, on Feb. 2, 2013. Bertschi has been told he won't be allowed to seek the Liberal nomination in Ottawa-Orleans. JOHN WOODS/THE CANADIAN PRESS

Former leadership contender David Bertschi has been told he won't be allowed to seek the Liberal nomination in Ottawa-Orleans, clearing the path for one of Justin Trudeau's star recruits to carry the party banner in next year's election.

Retired general Andrew Leslie, an adviser to the Liberal leader on foreign policy, is now the only declared contender in the nomination contest.

Bertschi, who ran for the Liberals in Orleans in the 2011 election, emailed supporters Sunday informing them that his candidacy has been blocked and encouraging them to protest the decision.

He says he was given a number of reasons, which he didn't specify, but insists none of them are true.

However, Bertschi had been warned, along with other failed leadership contenders, that he would not be allowed to seek a nomination unless he could demonstrate significant progress reducing his leadership campaign debt of $150,000.

Party insiders said Bertschi's debt was one of two reasons his candidacy was blocked. The other involved his failure to disclose a defamation suit he launched in 2013 against an American gossip website but subsequently abandoned.

Bertschi says the decision, relayed to him in a letter from national campaign co-chairs Katie Telford and Dan Gagnier, is strictly designed to assure victory for Trudeau's preferred candidate.

"This was a purely political decision that came directly from the top and not from the designated chair responsible for the nomination of candidates colloquially known as the green light committee," he says in the email.

Bertschi started an online petition Sunday calling on the party to reinstate an open nomination process in Orleans.

THE CANADIAN PRESS

Canada silent. U.S. debates policy shift in strategy against ISIL extremists

The Obama administration is under pressure to stretch the definition of what it means to "advise and assist" Iraqi and Kurdish forces in the fight against the Islamic State of Iraq and the Levant (ISIL).

Whether Canada would feel obliged to follow suit, however, remains a mystery.

U.S. Defense Secretary Chuck Hagel told CNN over the weekend he'll consider recommendations to place ground forces in Iraq to help locate targets if it's recommended by the chairman of the Joint Chiefs of Staff. Joint Chiefs chairman U.S. Gen. Martin Dempsey said last week that when it comes to retaking Mosul, Iraq's second-largest city, it's possible American troops might be needed.

Like the U.S., Canada has a no-combat prohibition on its roughly 69 special forces troops in northern Iraq, and the current combat mission explicitly rules out the deployment of conventional ground forces.

But Roland Paris, an international security expert at the University of Ottawa, says Washington's policy appears to be drifting towards another ground war in Middle East and it's important Canada not follow suit. THE CANADIAN PRESS

Beheadings

Militants lined up behind their victims in the latest ISIL video appear to come from outside the Middle East. See page 11 for more.

Labrador. Residential school lawsuits claim Ottawa is liable

Fred Andersen and other former students of residential schools in Labrador will be in court in St. John's, N.L., Tuesday to fight for an apology and compensation from Ottawa.

They're among just over 1,000 plaintiffs in five certified class-action lawsuits who were excluded from Prime Minister Stephen Harper's apology in 2008 and a related compensation package.

Lawyers for the federal government deny it was responsible for schools located in St. Anthony, Cartwright, North West River, Nain and Makkovik that opened before the province joined Confederation in 1949.

The International Grenfell Association ran the first three, while the German-based Moravian Missionaries ran the other two.

"We had no choice. We had to go," Andersen, now 62, said in an interview. He recalled how frightened he was leaving Makkovik, an Inuit community on the Labrador coast, at the age of 13. He lived at the school for most of the next four years. He said he did his best to stand up for kids who were bullied and that he was aware of both physical and sexual abuse, although he was not a direct victim. THE CANADIAN PRESS

Seniors' residence

Inquest begins into Quebec fire that killed 32

A spokeswoman for the Quebec agency that oversees building codes says she's not sure whether the seniors' residence where 32 people died in a blaze complied with fire-prevention regulations. Coroner Cyrille Delage asked Lise Veilleux on Monday whether the building's older section, which was destroyed in last January's blaze, respected provincial regulations. THE CANADIAN PRESS

No way out

Wind turbines like 'nightmare neighbours'

Wind turbines are like new neighbours who might drive you to distraction and out of your home because you have no legal way to deal with the situation, a packed Ontario court heard Monday. In submissions to Divisional Court, a lawyer for four families fighting large-scale wind-energy projects compared the turbines to a neighbour who is always noisy and in your face. THE CANADIAN PRESS

Nova Scotia donates Christmas tree to Boston for 43rd year

Dan Nightingale, right, fells a 13-metre tall white spruce, this year's Christmas tree for Boston, donated by John and Ethel Ann MacPherson, in Purlbrook, N.S. on Monday. Since 1971, Nova Scotia has given a tree to the people of Boston in gratitude for their assistance following the Halifax Explosion in 1917. ANDREW VAUGHAN/THE CANADIAN PRESS

Federal Tories seek seats in byelections

Ontario, Alberta. Conservatives aim to retain Yellowhead, Liberals say they have a shot at Whitby-Oshawa

A pair of federal byelections today in what had been comfortable Conservative ridings offer challenges for both the Tories and the opposition parties.

Voters in Whitby-Oshawa are looking to replace the late Jim Flaherty, who won with 58 per cent of the vote in 2011.

The Conservatives have flooded the riding with high-profile campaigners in recent weeks, hoping to hang on to it.

The Liberals, however, are pressing hard and say they are closing the gap.

In the Alberta riding of Yellowhead, the Conservatives are expected to easily retain a stronghold where Rob Merrifield took 77 per cent of the vote in 2011.

Merrifield resigned in September to work for newly minted Alberta Premier Jim Prentice.

In Whitby-Oshawa, the Conservatives are running Pat Perkins, a former two-term mayor of Whitby.

She has been endorsed by Flaherty's widow, Christine Elliott, who is a front-runner for the Ontario Progressive Conservative leadership. Two of Flaherty's sons are honorary chairs of the Perkins campaign.

The Liberals, who finished a distant third in the riding in 2011, have fielded Celina Caesar-Chavannes, an entrepreneur, research consultant and political newcomer.

They say they have a shot at an upset.

The New Democrats are running Trish McAuliffe, an autoworker and union activist, who ran second to Flaherty in 2011 with 22 per cent of the vote.

In Yellowhead, retired Mountie Jim Eglinski is carrying the Conservative standard.

The Liberals, who took only three per cent of the vote in 2011, are running Ryan Maguhn, a high school teacher and member of Hinton town council.

Eric Rosendahl, a local labour activist, is the NDP candidate.

A win — or even strong second-place finishes — would be a boost for Liberal Leader Justin Trudeau, who has led the Liberals to dramatic gains in every byelection held since he became leader 19 months ago.

That would bolster Trudeau's argument that the Liberals are the real alternative to the Harper government, not the NDP's official Opposition. THE CANADIAN PRESS

Updates

Please visit metronews.ca for updates.

Regulator asks Canadians

How much should voter registry violators pay?

Canadians are being asked for their thoughts about how violators should be penalized for contravening the new voter contact registry.

The country's telecom regulator issued a call for comments Monday on its proposals for imposing penalties, which would take a number of factors into account, such as the nature of the violation and the ability of violators to pay. Under changes enacted in June, most individuals and companies wanting to contact voters during a federal election will be required to register with the Canadian Radio-television and Telecommunications Commission within 48 hours of the first automated call being made.

The government gave the CRTC the authority to impose fines ranging from a maximum of $1,500 for individuals to $15,000 for corporations every time they fail to register or make a call that would be considered misleading.

Lost, now found.

Woman's wallet returned 35 years after it was stolen

When Martha Shepherd answered the phone, she didn't expect to hear that someone found her wallet — 35 years after her purse was stolen.

The caller identified himself as a Vancouver Island police officer from the RCMP detachment in Ucluelet — a place Shepherd last visited in 1979, when it was called Long Beach.

The Mountie asked Shepherd if she had lost a purse. When she replied that she had, the officer responded saying they would send it to her.

A highway worker cleaning a ditch found the wallet near where Shepherd was staying during a camping trip on Long Beach in 1979. Someone broke into her car and stole her purse, wallet and about $100 in cash.

While the money was lost, the community pitched in and sent $100 in a care package along with her identification, a blanket, bumper stickers, and cards signed by residents.

THE CANADIAN PRESS

Seniors' residence fire

Fire safety codes may have been lax

A spokeswoman for the Quebec agency that oversees building codes says she's not sure whether the seniors' residence where 32 people died in a fire complied with fire-prevention regulations.

Coroner Cyrille Delage asked Lise Veilleux today whether the building's older section, which was built without a sprinkler system in 1997 and destroyed in January's blaze, was up to code. Testifying on the first day of Delage's inquest into the tragedy, Veilleux said that to be case, but it hinged on whether the building's residents, many aged over 85, could get around.

THE CANADIAN PRESS

Bottles changing hands, but legacy will live on

A can-do attitude.

Long-time Alberta bottle-picker retires, but passes on his never-ending charity drive

HELEN PIKE
Metro in Calgary

David Loewen is ready to hand over his list of bottle-givers. After three years of picking and raising money for charity the nearly 89-year-old is passing on his legacy to a new recycler. CANDICE WARD/FOR METRO

Bottle-picking for a cause: That's what one Airdrie, Alta., resident has been doing for over three years. But this week, David Loewen passed his legacy on to a new recycler.

Loewen took up his bottle drive empire about three years ago when he decided he needed more exercise. While his friends were at the driving range, he went door-to-door collecting cartons, bottles and cans, and cashing in on them.

"A lady stopped me and asked me what I was doing," said Loewen.

He explained to the woman he was collecting the bottles, not for himself, but for charity.

"She gave me her address and said, 'Why don't you stop in? I've got a couple of bags.'"

Once word got around, the local paper stepped up and published a piece about Loewen's project, and that's when the calls began rolling in.

Loewen, 89, has more than 100 clients, some more reliable than others, who agree to give him empties for a good cause. Over the years, he's supported more than 20 charities including the Mustard Seed, food banks and more. He has raised more than $35,000 with donated recyclables alone. But this year he couldn't do it anymore.

"I felt when I went to the bottle depot and unloaded, some of those bags of glass they could weigh 70, 80 pounds," he said. "It was difficult for me to lift onto the counters."

But he wasn't willing to put a lid on his legacy. Instead, Loewen put the call out, asking anyone interested in continuing his legacy to come forward. Enter Jim McPhee.

"I'm shocked that he's still doing it," said McPhee, who met Loewen at the bottle depot a few years ago. "He asked the question, 'would we be interested in taking it over' … so I said, 'Sure.' "

Now, all the bottles will go to benefit Stephen's Backpacks Society, a group formed by McPhee's son.

Bring out your bottles!

David Loewen drove a donated van around once a week picking up bottles from a list of over 100 clients.

- With the money he received every cent was donated to over 20 charities.

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Media pushes for release of RCMP-killer evidence

The release of some exhibits entered as evidence at Justin Bourque's sentencing would traumatize the families of the RCMP officers he shot and others in Moncton, N.B., the Crown argued Monday.

News media organizations including The Canadian Press have asked for access to exhibits used at the sentencing hearing for Bourque, who pleaded guilty to three counts of first-degree murder and two counts of attempted murder in the June 4 shooting rampage.

Crown lawyer Cameron Gunn said he is not against the release of all exhibits, but is opposed to some evidence being made public, including photos of the injured Mounties, radio transmissions of some of the last messages from the officers who were killed and a videotaped interview Bourque gave to police after his arrest.

"We seek balance," Gunn told Judge David Smith of the Court of Queen's Bench.

"We have no issue with the majority of the exhibits. It is only the items that will retraumatize the people who are most traumatized by this."

David Lutz, Bourque's lawyer, said he is concerned about his client's police interview having a permanent presence online if it were released.

"The media will only have it for a moment and then will lose control of it," Lutz said, adding that Bourque told him he doesn't want people further victimized by the release of his statement to police.

David Coles, the lawyer representing the media, argued Monday the public has a right to see and hear the evidence used to sentence Bourque so that the public can have an informed debate on whether or not the judge made the correct decision.

Bourque was sentenced to life in prison without parole for 75 years for killing three RCMP officers. THE CANADIAN PRESS

Polar bears on decline in NW arctic

A 10-year study shows that polar bears in Canada's northwestern Arctic have declined in both health and abundance.

Although the decline has stabilized as the bears in the southern Beaufort Sea region find new food sources, scientists say scavenging whale carcasses isn't going to replace the loss of sea ice melted by climate change.

"We're pretty certain that polar bears can't survive in anything like current numbers or distribution without sea ice," said Steve Amstrup, co-author of the paper published Monday. "But as the sea ice changes, there might be some surprises in how prey availability is affected."

The researchers found that bear numbers had fallen almost in half by the middle of the decade — "really harsh years for bears."

Between 2003 and 2007, only two of 80 cubs in one of the paper's datasets survived beyond infancy. Overall numbers of bears fell to about 900.

There are between 20,000 and 25,000 polar bears in the world, most in Canada.

THE CANADIAN PRESS

European militants featured prominently in video of beheadings

Militant identified. Officials say thousands of young Europeans have headed off to jihad

The cold-eyed militants lined up behind their victims in the latest video from the Islamic State of Iraq and the Levant (ISIL) appear to come from outside the Middle East, including one from France and possibly two from Britain.

The video lingers as much on the faces of the camouflaged extremists as the men who are beheaded. The victims include American aid worker Peter Kassig and more than a dozen Syrian soldiers.

The images of ISIL militants allowed authorities to identify one of them Monday as a 22-year-old Frenchman who converted to radical Islam.

Maxime Hauchard has been on the radar of French authorities since 2011 when he took two trips to Mauritania to attend a Quranic school, said Paris prosecutor Francois Molins.

The overwhelming majority of ISIL fighters are from the Mideast, but the extremist group is trying to cement its claim on an Islamic empire straddling Iraq and Syria.

Europe appears to be a fertile ground to find supporters, with officials saying thousands of young Europeans have headed off to jihad. More than 1,000 people in France alone are under surveillance for suspected plans to join the militants, officials said.

In the video released Sunday, a militant whose face was hooded had the familiar London accent of the jihadi who also appeared in beheading videos with American hostages James Foley and Steven Sotloff, and with British hostages David Haines and Alan Henning.

There also were indications that a Welsh medical student may be the man standing next to Hauchard. THE ASSOCIATED PRESS

Peter Kassig

The parents of an Indiana aid worker, Peter Kassig, who was beheaded by Islamic State militants say their son "experienced first-hand more of the harsh realities of life," but chose to believe in the good.

- Ed and Paula Kassig of Indianapolis read a brief statement Monday, the day after the U.S. confirmed that their 26-year-old son had been killed.

Body parts found in tourist's U.S.-bound package

Thai police officer shows a picture of a tattooed human skin which was found in a package of a U.S. tourist, during a press conference at Bangpongpang police station on Monday in Bangkok,Thailand. A shipping company in Bangkok put a trio of packages bound for the U.S. through a routine X-ray and made a startling discovery — inside were a variety of preserved human parts, including an infant's head, a baby's foot sliced into three sections and a tiny heart. SAKCHAI LALIT/THE ASSOCIATED PRESS

Nebraska

Ebola-infected surgeon dies

A surgeon who contracted Ebola while working in his native Sierra Leone died Monday while being treated at a Nebraska hospital, the facility said.

Nebraska Medical Center said in a news release that Dr. Martin Salia died as a result of the disease. Salia, 44, had been working as a surgeon at Kissy United Methodist Hospital in Sierra Leone. THE ASSOCIATED PRESS

Ebola zone

Red Cross facing recruitment issues

Red Cross officials helping to lead the fight against Ebola in West Africa said Monday they're having trouble recruiting health care workers. Antoine Petitbon of the French Red Cross said the organization faces a problem: Sixty per cent of people it signs up to work in the Ebola zone back out due to pressure from families and friends. THE ASSOCIATED PRESS

The public library: More than just books

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Kenya. Women march for right to dress as they wish

Nearly 1,000 people marched through the streets of Kenya's capital Monday to protest a recent rash of attacks by mobs of men on women who have been deemed too provocatively dressed.

Cellphone videos show attackers stripping the women naked. In response, the phrase #MyDressMyChoice is trending in Kenya's social media, as this country works through a clash between new, Western lifestyles and traditional African ways.

Rachel Machua wore what she called "a little black dress … my normal outfit" to Monday's protest. She views the attacks as being by lower-income men jealous of successful, well-dressed women.

A Kenyan woman protests in Nairobi on Monday. THE ASSOCIATED PRESS

Women play an active role in Kenyan society though few hold high-ranking elected office. Parliament is a virtual men's club, unlike in nearby Rwanda, where half of parliament is female.

THE ASSOCIATED PRESS

Nuclear weapons

U.S. 'disappointed' with Iran's response

A U.S. envoy says Washington is disappointed with Iran over the degree of cooperation it has shown with the UN nuclear agency's attempts to probe whether Tehran ever worked on atomic arms.

A report this month from the UN's International Atomic Energy Agency said the investigation has made no headway for months despite pledges by Iranian leaders to co-operate.

THE ASSOCIATED PRESS

President pelted with eggs as Czechs mark revolution

Thousands of Czechs, using the 25th anniversary of the anti-communist Velvet Revolution, gather in Prague on Monday to call on the controversy-prone Czech President Milos Zeman to resign. PETR DAVID JOSEK/THE ASSOCIATED

Velvet Revolution anniversary. Security guards use umbrellas to shield dignitaries from flying projectiles

Celebrations on Monday to mark the 25th anniversary of the Velvet Revolution felt more like an uprising against the current Czech president.

To cries of "Resign! Resign!" Czechs pelted President Milos Zeman with objects including eggs, sandwiches and tomatoes as he stood side-by-side with the presidents of Germany, Hungary, Poland and Slovakia at the university campus where a student rally launched the revolution in Czechoslovakia a quarter century ago.

German President Joachim Gauck was hit in the head by an egg as the presidents were unveiling a plaque to commemorate the 1989 events.

"Shame, shame," protesters in the crowd of thousands repeatedly shouted at Zeman, even as the other presidents were applauded.

Anger in the Czech Republic has been growing against Zeman as critics accuse him of betraying the commitment to human rights enshrined by Vaclav Havel, the hero of the Velvet Revolution who became Czechoslovakia's first post-communist president.

Zeman's opponents cite his pro-Russian stance in the Ukraine conflict, recent praise of Chinese leaders on a visit to China and comments seen as downplaying the police crackdown 25 years ago.

THE ASSOCIATED PRESS

Quoted

"I'm not afraid of you!"

Czech President Milos Zeman, in reply to shouts of "Shame!" from throngs of protesters marking the 25th anniversary of the Velvet Revolution, the country's 1989 anti-communist uprising

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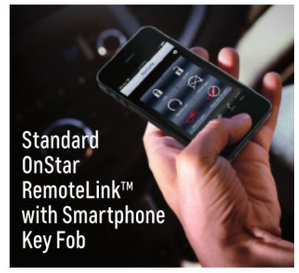

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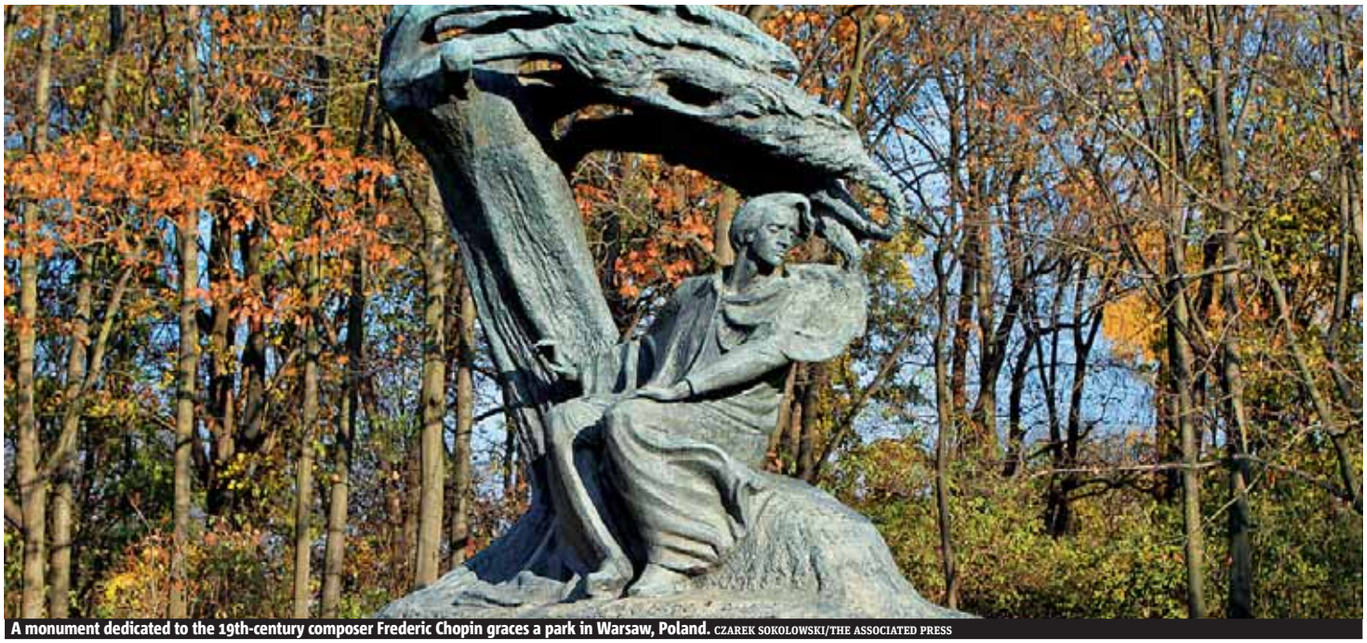

A monument dedicated to the 19th-century composer Frederic Chopin graces a park in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Chopin's heart exhumed in secret night operation

Invasive tests denied. Experts have been trying for years to establish whether the composer really died at 39 of tuberculosis

On his death bed in Paris in 1849, Frederic Chopin whispered a request that became the stuff of musical legend: Remove my heart after I die and entomb it in Poland. It was the native land he pined for from self-imposed exile.

Ever since, the composer's body has rested at the famed Père Lachaise cemetery in Paris — while his heart went on a wild journey. Sealed in a jar of liquor believed to be cognac, it was smuggled into Warsaw past Russian border guards, passed through the hands of several relatives before being enshrined within a pillar in Holy Cross Church.

The organ has been exhumed several times, most recently in a secret operation after a forensic scientist raised the alarm that the alcohol could have evaporated, leaving the heart to dry up and darken.

Close to midnight on April 14, after the last worshippers had left the Holy Cross Church, 13 people sworn to secrecy removed the heart from its resting place and carried out the inspection.

Polish officials kept all details of the inspection secret for five months before going public about it in September, giving no reason for the delay. Nonetheless, officials have already announced plans for another inspection — 50 years from now.

THE ASSOCIATED PRESS

A plaque indicates where Frederic Chopin's heart is entombed at Holy Cross Church in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

National spirit

Frederic Chopin's heart inspires the type of fascination in Poland normally reserved for relics of saints.

- For Poles, Chopin's nostalgic compositions capture the national spirit — and the heart's fate is seen as intertwined with Poland's greatest agonies and triumphs over nearly two centuries of foreign occupation, warfare and liberation.
- Chopin was born near Warsaw in 1810 to a Polish mother and French émigré father. He lived in Warsaw until 1830, when he made his way to Paris — where he chose a life of exile because of the repressions imposed by Imperial Russia.
- Fulfilling Chopin's deathbed wish, which was also inspired by the composer's fear of being buried alive, his sister Ludwika smuggled his heart to Warsaw, probably beneath her skirts.
- In the Second World War, the Nazis removed the heart for safekeeping during the Warsaw Uprising of 1944. Even as they slaughtered Poles block by block, they took pains to preserve the relic of a composer that the Germans have sometimes claimed as their own, because of the influence great German composers had on him. After the fighting was over, they returned it to the Polish church.

"We have a hunger of the mind, which asks for knowledge all around us."

› Maria Mitchell: *Obsessed Observer*

Can you learn anything with your head in the clouds? Just ask America's first female astronomer. Fascinated with the skies at an early age, Maria followed her passion through daily life. She worked as a librarian and a teacher's assistant, all the while still gazing at the night sky. That's how she discovered Miss Mitchell's Comet.

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Maria Mitchell, from a portrait by H. Detrich, 1851 (Public domain), via Wikimedia Commons (http://commons.wikimedia.org/wiki/File:MAMaria_Mitchell_1806-1934.jpg)

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Chevrolet joins grasslands project

First corporate participant. As part of program, carmaker has purchased carbon credits equal to taking 5,000 cars off the road

Auto manufacturing company Chevrolet is the first corporate participant in an initiative that pays farmers not to convert rolling grasslands, like those pictured here in North Dakota's prairie pothole region. JOHN FLESHER/THE ASSOCIATED PRESS FILE

Chevrolet is the first corporate participant in a public-private initiative that pays farmers not to convert natural prairie to large-scale crop production, which would release gases that are warming the planet, officials said Monday.

The automaker, a division of General Motors, said it has bought more than 39,000 metric tonnes of carbon credits from North Dakota ranchers in the prairie pothole region, a broad expanse of grasslands and wetlands reaching across the northern Great Plains and parts of Canada.

"The amount of carbon dioxide removed from our atmosphere by Chevrolet's purchase of carbon credits equals the amount that would be reduced by taking 5,000 cars off the road," U.S. Agriculture Secretary Tom Vilsack said.

Grasslands store huge volumes of carbon dioxide, one of the gases most responsible for climate change.

Tilling the soil for agriculture releases the gases into the atmosphere. Preserving grasslands keeps carbon bottled up and preserves habitat for waterfowl and other wildlife. THE ASSOCIATED PRESS

Hellmann's has some egg on its face

This undated product image provided by Unilever shows Hellmann's real mayonnaise. After suing a small California company for calling its product "Just Mayo" because the product is made without eggs, it was discovered that Unilever had tweaked its website to make clear that some of its own products are "mayonnaise dressing," rather than mayonnaise. UNILEVER/THE ASSOCIATED PRESS

Market Minute

DOLLAR
88.53¢
(-0.15¢)

TSX
14,882.50 (+39.40)

OIL
$75.64 US (-$0.18)

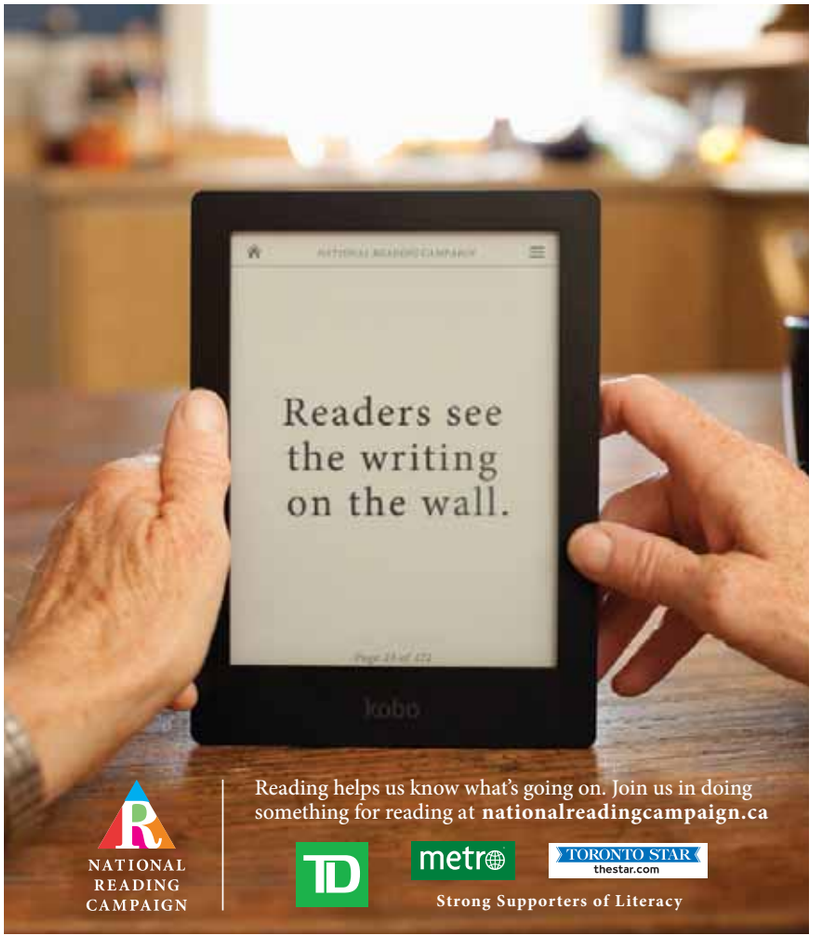
GOLD
$1,183.50 US (-$2.10)

Natural gas: $4.31 US (+$0.16)
Dow Jones: 17,647.75 (+13.01)

P.E.I.

Lobster fishery gets sustainable certification

Prince Edward Island is looking to grow its lucrative lobster fishery now that it's been certified as sustainable by an international organization. THE CANADIAN PRESS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Checking off 2011 promises

Doubling the children's fitness tax credit: Check.

Income-splitting for couples with kids: Check.

The Conservative government has been ticking off boxes recently beside its list of multibillion-dollar, family-friendly promises made during the 2011 election campaign, pledges contingent on a balanced budget.

With a smaller-than-expected surplus forecast for next year, the Tories still have outstanding commitments to fulfil before the 2015 election, such as an adult fitness tax credit and a plan to double the annual limit on tax-free savings accounts.

Wiggle room

$1.9B

Budget watchers believe there's space left for the measures in next year's $1.9-billion projected surplus, even though it was reduced by the recent drop in oil prices and the government's commitment of billions of dollars for the family measures.

The situation raises a question: Is there enough cash in federal coffers for the Conservatives to make good on these promises in time for the scheduled October vote?

"The tax cuts basically eliminated about half the projected surpluses and lower oil prices took out a chunk as well — but the projections that the Department of Finance put together are quite prudent," said Scott Clark, a Carleton University professor and former senior Finance Department bureaucrat. THE CANADIAN PRESS

Fuel prices drop, fares soar

U.S. airlines are saving tens of millions of dollars every week because of lower prices for jet fuel, their largest expense. So why don't they share some of the savings with passengers?

Simply put: Airlines have no compelling reason to offer any breaks. Planes are full. Investors want a payout. And new planes are on order.

In fact, fares are going higher. And those bag fees that airlines instituted in 2008 when fuel prices spiked aren't going away either.

In the 12 months ended in September, U.S. airlines saved $1.6 billion US on jet fuel. That helped them post a 5.7 per cent profit margin in the first three quarters of this year, robust for the industry but lagging behind the 10 per cent average for the Standard & Poor's 500.

Average ticket

$372.21+

The average domestic airline ticket in the U.S. during the 12-month period ending in September rose 3.5 per cent to $372.21 US, according to an Associated Press analysis of data from the Airlines Reporting Corp., which processes ticket transactions for airlines and travel agencies. That figure doesn't include another $56 in taxes and fees that passengers pay.

In the past six years, airlines have done a great job of adjusting the number of flights to fall just short of demand. As a result, those who want to fly will pay a premium to do so. Airlines are selling a record 85.1 per cent of their domestic seats. Thanks to several mega-mergers, four big airlines control the vast majority of flights, leaving very little room for another airline to undercut fares. THE ASSOCIATED PRESS

SHARING LEADS TO CARING: SCIENCE

SHE SAYS
Jessica Napier
metronews.ca

Dining out with a crowd can be a major headache. It's always a challenge to wrangle a group of friends into picking a date and an appropriate restaurant that suits everyone's dietary preferences. After that, you have to try snagging a table to accommodate a large party and bring out the calculators when it's time to pay the bill. All of this effort is enough to make even the most sociable foodies give up a night out in favour of a solo frozen pizza at home.

But before you settle in for a long winter of hermit-style eating habits, consider this: Enjoying food with others is actually good for you — not necessarily for your wallet or your waistline, but it just might help improve your interpersonal skills.

Spending meal times with friends and family and sharing food with one another can lead to increased levels of altruistic behaviour, according to a new study from Belgium published last month in Appetite. In this case, it's not about where you eat or with whom, but *how* you eat that makes a difference.

The study makes a clear distinction between sharing a meal together, and sharing food. Eating off your own plate in close proximity to fellow diners won't make you a better person. Sharing large dishes, on the other hand, encourages considerate and selfless behaviour in everyone at the table.

According to the research report, adults who engaged in shared meals during childhood were more likely to have "prosocial" personalities later in life compared to those who ate in solitary contexts. These communal eaters were more likely to help a friend move, give up their seat on public transit or offer directions to a stranger.

Of course, not everybody likes to share. While collective cuisine is customary in other cultures around the world, North Americans tend to cater more to individual preferences. As a result, people can get pretty territorial when it comes to their food. I know plenty of individuals who refuse to order tapas dishes or "family style" platters because they fear they won't get enough to eat.

Communal dining definitely demands a certain level of cooperation: It forces diners to be considerate of others and not just their own appetites. You have to be flexible, adaptable and open to trying new things — especially if everyone wants to order the calamari and you're a bit timid when it comes to tentacles.

Divvying up your meals requires mindfulness. It means abandoning your individual gluttonous instincts and distributing food equally at the table. You're less likely to overindulge when others are monitoring your portion sizes; no one wants to be the greedy friend who took more than his or her fair share. And just think how much easier it is to split the cheque evenly rather than argue over who had the more expensive entrée.

Regulation: The Coupons Game

A student plays a new board game that ridicules the Communist-era food and goods rationing system, as the game is launched Monday in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ration your food! Wash dishes for the collective good! What fun!

A new Polish board game ridicules the Communist-era rationing system that was used in the 20th century to keep prices under control and fight speculation, with food and goods difficult to get.

Regulation. The Coupons Game was launched Monday by the state-run National Remembrance Institute, which teaches Polish history.

The head of the institute's public education section, Andrzej Zawistowski, said state rationing of goods was introduced in times of war or crisis. It was last used in Poland in the 1970s and '80s due to a shortage of food, fuel and other goods.

THE ASSOCIATED PRESS

How to play

In the game, players are tasked with duties such as cooking a dinner or doing the washing.

- They need to trade their rationing coupons cleverly to be able to buy the necessary products before they run out.

MetroTube

The cutest way to overcome your fears

ANDREW FIFIELD
andrew.fifield@metronews.ca

OK, so we're not going to crack wise about why Queso the pit bull is so frightened of passing through doorways, because such a terrifying association is sad. But Queso is all good now, and appears to be in an extremely healthy and happy home — one so comfortable, it's provided him with the security to come up with a clever workaround. (Rhiannon Hamm/YouTube)

ISTOCK

Twitter

@metropicks asked: Chopin died in Paris, but he wanted his heart sent to Poland. Where would you like your heart to rest?

@LoveLevity: I would like my ashes spread at some of the worlds best festivals. Burning man in the US and Shambhala in Canada.

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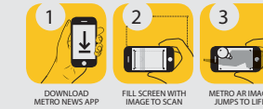

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Wolk-case scenario? Fans can't quite place his face

Television. Busy actor James Wolk isn't complaining if viewers recognize him, but don't know from which show

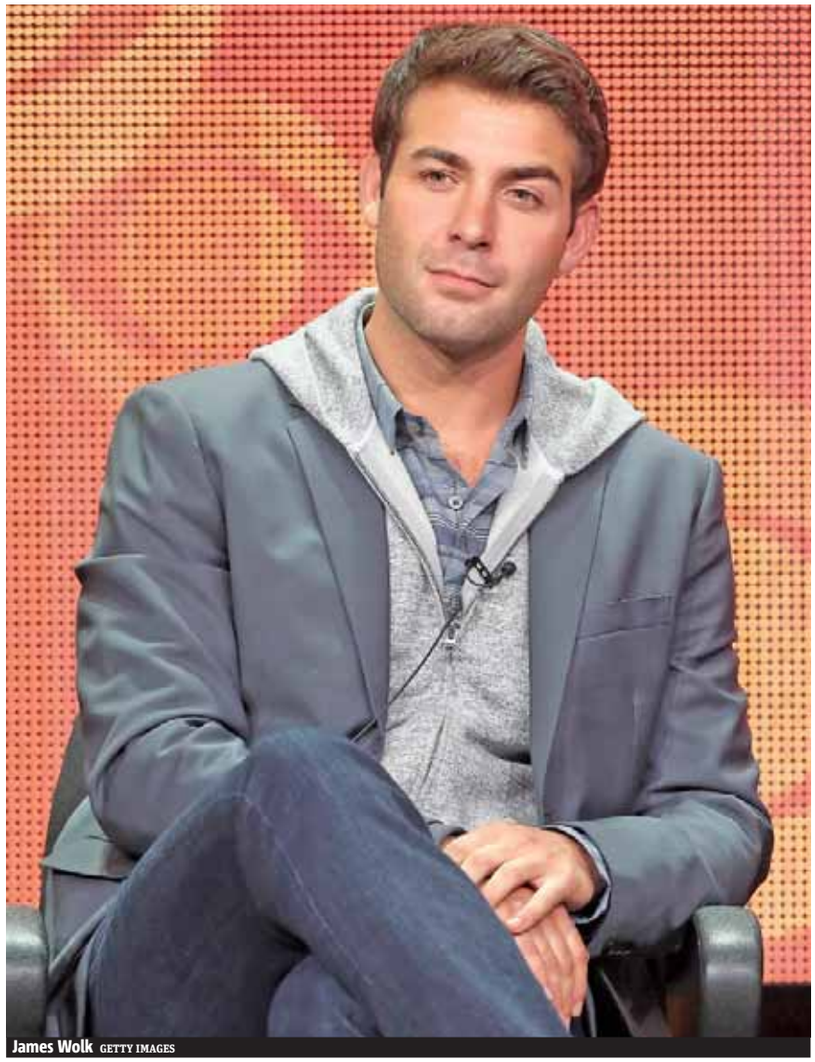
NED EHRBAR
Metro in Hollywood

Always Woodstock star James Wolk has become a familiar face to viewers all over, thanks to work on the small screen on Mad Men, Shameless, Happy Endings, The Crazy Ones and a slew of other shows. But he still sometimes forgets about that when he runs into those viewers in public.

Have you ever had your own quarter-life crisis like the one Catherine (Allison Miller) has in Always Woodstock? Where you start to question everything you've been doing with your life?
You know, Catherine obviously goes through a huge quarter-life crisis. For me, I think getting into my late 20s really shifted where I place importance in my life. There are definitely a few times I could point to, a pivotal time where there was a change in my focus. I don't know if that's a quarter-life crisis so much as a quarter-life, like, taking stock of ... yeah.

Like a readjustment?
Yeah, a quarter-life readjustment, perfect. It doesn't sound as dramatic. Hey, maybe mine's still coming, who knows. You never know. Thank God I've been busy, and it's been an incredible journey. No career doubts, nope.

Do you get a sense when people see you on the street which TV show they're recognizing you from?
I don't even know. It's a real crap shoot at this point. It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one: Somebody the other day was like, "You know who you look exactly like?" And I think it's maybe because I don't carry myself in a (famous) way. I don't come in with my sunglasses and my head down. I don't come in as though I am anyone because, number one, I don't think that I am, and I also kind of forget that I've been on these shows. So I walk in and I'm waiting to order my coffee or something, and someone will look at me and I'll be like, do I have something on my face? What's going on? I literally forget that I'm an actor. So I think that translates, and then they go, "You know who you look like?" Sometimes I'll be like, "It's funny you say that, I get that a lot," or sometimes I'll just be like, "Yeah, it's me."



James Wolk GETTY IMAGES

Quoted

"It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one, somebody the other day was like, 'You know who you look exactly like?'"
Actor James Wolk

Wait, how often do you pretend you're not you?
Very rarely, very rarely. Because I almost think it's rude.

I know you're not really allowed to talk about what's going to happen on Mad Men, but let's talk about what already has happened. Have you lost your fan favourite status since how the last few episodes shook out for Bob Benson?
Yeah, the fans were like, "How could you?" People became indignant about it, it was amazing. It was really unbelievable. He definitely was beloved, and we'll see what happens. I can't say anything about what's going to happen, yeah, but it's amazing to see people respond to him like that — or, you know, not respond to him.

DVD review

22 Jump Street

Directors. Phil Lord, Christopher Miller

Stars. Channing Tatum, Jonah Hill

There's nothing Channing Tatum and Jonah Hill guys won't do (or redo) for a laugh, the bigger the better and as stupidly as possible.

While everything in 22 Jump Street is writ larger from their earlier pairing in 21 Jump Street), it's also mirthfully familiar to their earlier hit. They're still going undercover as students, to college this time instead of high school, and once again sleuthing the source of a lethal new street drug.

They're also once again under the anarchic guidance of co-directors Phil Lord and Christopher Miller.

22 Jump Street may sound like a cash grab in yet another franchise, but Lord and Miller mercilessly riff on that very idea. This is serious meta mayhem.

Sin City: A Dame to Kill For

Directors. Frank Miller, Robert Rodriguez

Stars. Eva Green, Josh Brolin

In the long-awaited Sin City sequel, you can still slash the neo-noir nihilism with a knife — along with a few throats. But this time, the dames seem even tougher than the dudes.

Take Eva Green's Ava, the dame of the title, who dispenses with morality as quickly as she doffs her clothes, which is very fast. Ava loves to tempt men to the point of madness, among them private dick Dwight (Josh Brolin), and familiar street thug Marv (Mickey Rourke).

Sin City is a town of bad women and worse poets, where fists are hard, talk is tough but nothing is for real — and nothing doesn't add up to much.

PETER HOWELL

Exotic, majestic and lovable — pigeons?

Television. CBC documentary shows a whole different side of the lowly bird that city-dwellers often treat with contempt

RICHARD CROUSE
scene@metronews.ca

Whether they're invading your condo balcony, blocking the sidewalk, ruining lunch on the patio or bombarding your car, there's not a whole lot of love out there for pigeons.

But director Scott Harper would like to change all those rat-like perceptions of these noble birds.

"They have a varied and amazing story in service of humankind," he insists.

"What makes them kind of lovable is that they've done all this for us and yet, for the most part, they are greeted with contempt."

Harper's documentary, The Secret Life of Pigeons, airs Nov. 20 at 8 p.m. ET on CBC's The Nature of Things.

"We were looking for a nature story that hadn't been told yet, and their story was just unbelievable," he says.

"They are the world's oldest domestic animal. You see them in ancient Egyptian hieroglyphs, in Mesopotamian tablets," he notes. "They were the first animals used to communicate. In ancient battles, Genghis Khan, Julius Caesar and the Egyptians used them to send messages across enemy lines.

"They were the first phone service, the first postal service. Before that, they were domesticated as food," he adds.

"So they've been a source of food, they've been an amazing source of communication, especially through war, delivering medicines, financial information and, eventually, they also became a source of entertainment; racing the birds, breeding the birds."

To illustrate the majesty of the city pigeon, Harper strapped a camera on one of them, literally giving us a bird's eye view of Toronto.

"What you get from that is a perspective on the city, and just how nimble they are."

Harper's documentary also profiles Cliff Robertson, a Manitoba cattle farmer who has kept birds since he was five, and now has 800 fancy Jacobin pigeons.

His favourite breed is an eccentric-looking bird with "a collar of feathers that grows from the neck and radiates upward, encasing the head. People would not recognize them at all as a pigeon."

"We don't know how many varieties there are," Robertson says. "We are guessing there are in excess of a thousand species of pigeons."

He notes there are organized pigeon clubs and contests on every continent except Antarctica.

"I've judged all over the world. I've judged in Saudi Arabia, Bahrain and Qatar. When I go there, it is unbelievable. You walk in and you're like a rock star. Seven out of 10 men who have hobbies in the Middle East have birds. Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Harper isn't surprised by the popularity of pigeons around the world.

"If you look at them long enough, you'll see something quite exotic and something quite impressive, as opposed to something dirty."

Pigeons are the world's oldest domestic animals, dating back to ancient Egypt, and were the first form of long-distance communication. A documentary celebrating the misunderstood bird airs Thursday on CBC. CONTRIBUTED

Quoted

"Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Pigeon fancier Cliff Robertson, on the popularity of raising and racing the birds

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The Word

Bono's bike boo-boo brings Tonight Show bow-out

NED EHRBAR
Metro in Hollywood

First the falling luggage, now this. Bono is proving he's a danger to himself and others whether in the air or on land. I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom.

Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury. The spill has spurred the band to postpone a planned week-long residency at The Tonight Show, the other three U2 members announced on the band's site.

"It looks like we will have to do our Tonight Show residency another time — we're one man down," the message reads. "We're sure he'll make a full recovery soon, so we'll be back!" Given Bono's recent penchant for disaster, that sounds kind of threatening.

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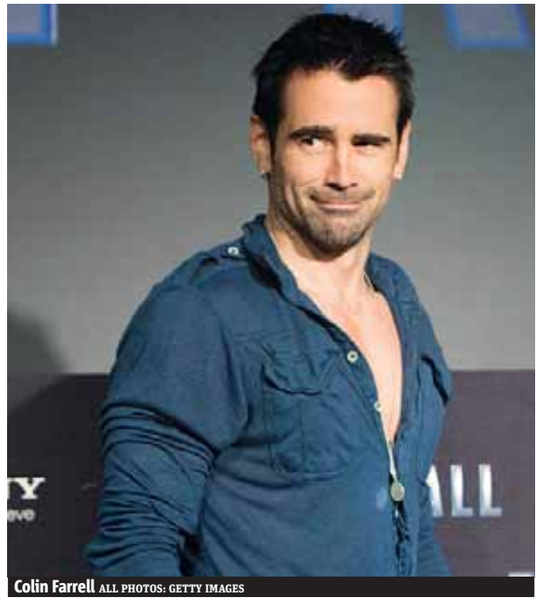

Colin Farrell ALL PHOTOS: GETTY IMAGES

Farrell flexes writing muscle in support of Irish marriage equality

In other, more pleasant Ireland-related news, Colin Farrell is making noise for gay rights in his home country — and letting everyone know that he has a very attractive gay brother in the process (even if that brother is off the market already).

Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. And, as it turns out, the Total Recall star has quite a way with words.

"My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and laughter of pure loathsome derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he writes.

"The fact that my brother had to leave Ireland to have his dream of being married become real is insane. It's time to right the scales of justice here."

Twitter

@carrieunderwood
SNOW!!! Break out the Christmas music & decorations! I wonder if I can get the tree down from the attic by myself. #JustPushItDownTheStairs

@RedHourBen
Mussolini bad. Architecture good.

@josswhedon
Everyone is beautiful when they're slightly far away. All political structures are perfect in theory. Humanity's a jewel if you squint.

Nicki Minaj

Nicki Minaj's credit score takes a dive

Nicki Minaj has seen her credit score drop nearly 100 points ever since an outlet accidentally published her social security number while writing about the R&B star's 2003 shoplifting arrest, according to Radar Online. "Nicki's credit score dropped almost 100 points soon after because there were many inquiries into her financial records. The credit reporting agencies, detecting a lot of irregular activity, immediately notified Nicki's camp," a source says. "Since Nicki's social security number was made public on the booking information sheet, and that was leaked to the media this week, it's out there now. Nicki might have to get a new social security number. It's caused her a lot of stress."

Maria Shriver

Maria Shriver not a Miley Cyrus fan

You know who's not totally jazzed about Patrick Schwarzenegger dating Miley Cyrus? His mom, Maria Shriver. In fact, she's "horrified" about it and is "violently" against the pairing. And that's apparently not news to Schwarzenegger, who was photographed kissing Cyrus over the weekend. "They have been hiding it. The kiss was so orchestrated and so planned to be like, 'OK, here you go,'" a source with intimate knowledge of what it was *so like* says. "Instead of him being a good influence on her, she might be a bad influence on him," a source says.

Want to get waisted?

Waist training. An updated version of the 19th-century corset is making a comeback

IZABELA SZYDLO
life@metronews.ca

If you knew Kim and Khloe Kardashian and Jessica Alba wore a corset to attain that elusive hourglass figure, would you wear one, too?

If Instagram's almost 300,000 search results for the hashtag #waisttraining are any indication, celebrity endorsements seem like a good enough reason to say yes.

But is waist training all it's laced up to be?

Aisha George is the owner of 416 Hour Glass Girls, a Toronto company specializing in waist trainers.

Before launching her business a year ago, George had an accident that resulted in lower back pain. Her doctor recommended a waist trainer for support and, to George's surprise, the unintended side effect was weight loss.

She says she went from an extra large to a medium in five weeks.

"It is a modernized version of the corset," she says. "Most of the waist trainers are made of latex or cotton with boning and have only two hooks in the back. So it isn't the extreme corset with lacing from the Victorian era."

George says the idea is to wear the garment for a minimum of two to a maximum of eight hours daily, which, due to the compression, encourages the intake of smaller meals and also causes extreme sweating in the mid-section. If used consistently, supporters claim it will radically reduce and reshape the waist.

The idea behind waist training is that the garment will cause extreme sweating in the midsection and result in an hourglass figure. CONTRIBUTED

But Rita Catolino, a certified personal trainer and online transformation coach, isn't buying it.

"We're in this society of instant gratification and it's playing on people's desperation. You can't put something tight around your body and have it change on a cellular level or lose fat percentage," says Catolino. "All you're doing is shifting the weight around. You're going to sweat more so you'll lose water weight, but in two days, when your body rehydrates, that weight is coming back."

While 19th-century corsets were laced in the back, the waist trainers gaining popularity today have a hook system. ISTOCK

Catolino also identifies a host of health concerns that could arise from waist training, such as bruised ribs, digestive issues, respiratory problems and chafing.

"It's almost so obvious how bad it is," she says, pointing to digestion as an example. "The whole process of digestion starts from swallowing to food being broken down and moving to your colon. If things are being squished it won't happen the way it should."

George, however, chalks up the possible dangers to a matter of sizing.

"No one who has purchased from me has experienced digestive issues because I ensure my clients get proper sizes," she says.

"If you are a large but get a small, you will have extreme discomfort. That is not the safe way to waist train. You should be able to breathe, eat and work out in the garment. Yes, you may want to eat smaller portions, but that is what many fitness experts recommend anyway.

"I also recommend wearing a camisole under the garment to prevent skin issues."

One of George's clients, Kim Thornhill of Oakville, Ont., uses the more breathable cotton waist trainer during cardio. She says despite the possible dangers and the fact that currently no medical research exists to support waist training as a weight-loss method, she isn't discouraged.

She does, however, believe people shouldn't rely solely on the practice.

"I use the waist trainer as an aid in maintaining an hour glass shape and I'm also supporting that with exercise, eating right and yoga," she says. "As with anything, people can take it to the extreme. But I've seen results from waist training and plan on continuing."

Kim Kardashian gushed about waist training with this post. INSTAGRAM

The slow and steady way

While George encourages her clients to pair waist training with diet and exercise for optimum results, Catolino is an advocate of working with what you've got. "You can make your waist look smaller by training your shoulders with lateral pull-downs, lateral raises and overhead presses. When you have larger shoulders, you're going to have that V-taper. Training your glutes is another way. The higher and bigger your glutes, the smaller your waist will look."

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Decisions, decisions

The influence of intuition

Intuition tells us more than we sometimes care to admit about the quality of our decisions, according to a new study led by Ryan B. Scott at the University of Sussex in the U.K. The results of the study, which involved 450 unpaid participants, suggest the unconscious assesses the accuracy of decisions in a way that's unrelated to the information used to make them, a phenomenon called "blind insight." **AFP**

Racing toward a life less ordinary

Wellness. At age 17, Ryan Reed was told he'd never race again; catch him in NASCAR's junior league this season

EVA KIS
Metro in New York City

Ryan Reed's race car is outfitted with a dashboard that includes a blood glucose monitor. CONTRIBUTED

Ryan Reed may be on the fast track to NASCAR racing, but he had to get there his own way.

When they were growing up in California, Reed's older brother Cole drove a Ford Mustang, the same car Reed now races. Though he says he has "a lot of pretty awesome memories" of his brother's car, they're all from the passenger seat.

"There was no chance of me driving it," he tells Metro. "My first car was actually the truck that pulled my race trailer."

Getting behind the wheel wasn't his only challenge. Reed, 21, is in many ways not the typical Type 1 diabetes sufferer. He was diagnosed in his late teens with the disease, which (like Type 2 diabetes) has a genetic component but is triggered by unknown factors.

"I definitely had a lot of the symptoms. I was pretty sick, but it was still a shock," Reed says. "I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me."

The heaviest of his concerns was about his career: By age four, he was already a Kid's Kart Track champion, and by eight, Junior 1 Corner champ. But doctors told him he would have to give it all up.

"I felt like I could adapt my life, but not to race would be really hard to accept."

So he didn't. Reed began managing the disease, instead of letting it set the boundaries.

His Roush Fenway Racing stock car is outfitted with a rig that allows him to drink fluids while racing, and he receives insulin injections during pit stops.

But, as with racing, managing his condition is about preparation through a healthy diet and exercise.

He works with a nutritionist and does strength and endurance training at the gym.

And besides his car, there's another machine that travels with him on race day: a road bike.

"The tracks tend to be in really beautiful areas, so I'll get on my bike and check it out."

Through Drive to Stop Diabetes, Reed works with children's organizations, and though he's usually asked about what brand of insulin pump he uses and how often he checks his blood sugar, it's hearing about what's still possible with diabetes that gets kids excited.

"I have Type 1 diabetes, and I'm still driving a race car. It doesn't make (diabetes) cool, but it makes it a little less scary."

Finding out the facts

I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me.
Ryan Reed, NASCAR driver

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It's supplemental when it comes to vitamins

Nutrition tips. Looking for a little extra oomph in your diet? Experts weigh in on which add-ons actually provide a benefit

LASSE EMIL KRISTIANSEN
Metro World News in New York

With aisles full of endless vitamins and supplements, which are the ones you really need to take? We asked experts for their best advice on what supplements to take — and more importantly, how to remember to take them!

Nutritionist Brooke Alpert, a registered dietician and author of The Sugar Detox, recommends all her clients take vitamin D, omega-3 and a probiotic. Those three are what most people are lacking, she says, and they are vitamins that can be taken every day.

"The goal is to get these from your diet, but there's no way to get enough vitamin D from your diet," she says. "And there's no way of being sure that we get enough omega and fatty acids from the quality of fish we're eating."

The nutritionist recommends that fat-soluble vitamins like A, D, E and K should be taken with food. Fat helps you absorb those vitamins, she explains.

"But what's most important is taking them at a time you will remember. I would rather have the vitamins be a little less effective, but taking them regularly instead of sporadically," Alpert says.

And she has some good advice for how to remember it:

"Put the vitamins next to your toothbrush, so you remember to take them before you go to bed. You brush your teeth, you floss, you take your vitamins and you go to sleep."

Another important thing is to get into a vitamin routine as early as possible.

"In their 20s, a lot of people aren't thinking long term," she says.

"'I'm 25, I'm invincible. I feel great, I don't need sleep.' But get into that routine of taking vitamins, and trust me — when you're in your 30s you'll appreciate what you did in your 20s," the nutritionist says.

Dermatologist Dr. Mitchell Kline also highly recommends that people take a vitamin D supplement.

"You can't get enough vitamin D by going in the sun for 15 minutes. That's made up!" Kline says.

He also wants everyone to remember to get their antioxidants — especially men, who seem to forget it.

"It's also important to get these vitamins topically," the dermatologist adds. "Use cream for your face. Again, that's something men forget about. Cream is necessary."

Lastly, the doctor adds that vitamins can be taken when it suits you.

"If it doesn't upset the stomach, you can take it whenever. If the vitamins upset your stomach, you should take (them) after a meal," he says.

Vitamin D, omega-3 and a probiotic are basic supplements everyone should be taking. ISTOCK

Flu season. Fist bumps are a sanitary greeting

With the arrival of flu season, preventing the spread of germs is essential. Enter fist bumps.

The knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps seem to be the wisest greeting, especially during flu season, said researcher David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. But the researchers realized that a lot of research focused on hands getting germy from touching doorknobs and other surfaces, but only a few studies looked at handshakes.

Whitworth and student Sara Mela shook hands, fist-bumped and high-fived each other dozens of times. One wore a glove covered in bacteria, while the other had a clean sterilized glove. After each greeting, they measured how much bacteria had been transferred.

Their results were recently published in the American Journal of Infection Control.

What makes the fist bump more sanitary? Mostly, it's the smaller amount of surface area in contact between the two hands, an analysis suggests.

THE ASSOCIATED PRESS

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Kent MacLeod is a leading expert in the field of Down Syndrome. He has lectured around the world on the subject and is the author of the book: *"Down Syndrome and Vitamin Therapy: Unlocking the Secret of Improved Health, Behaviour and Intelligence."* He is also the creator of our MSB Methyl Plus 4th Generation, a comprehensive supplement formula created specifically for individuals with Down Syndrome.

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SHUTTERSTOCK

Cost-conscious Canadian travellers and shoppers want premium credit cards that offer reward points for their purchases. With CIBC's popular Aventura credit cards, consumers can earn premium rewards, including a "welcome bonus" of up to 20,000 Aventura Points — that's enough for a short-haul flight worth up to $400.

The renewed CIBC Aventura Rewards Program has been exceeding expectations since it was introduced last year. That makes sense, considering that this rewards program gives Canadians the freedom to fly where they want, when they want. The travel reward features mean that cardholders can redeem reward points for travel on any airline, have access to any available seat on the plane and fly for as few as 10,000 Aventura Points, all while enjoying no blackout periods or points expiry.

For those who enjoy shopping, the Aventura card will earn 1.5 Aventura Points for every dollar spent at gas stations, grocery stores and drugstores, two Aventura Points for every dollar spent on travel purchases made through the CIBC Rewards Centre, and three Aventura Points per dollar spent at select CIBC Bonus Rewards establishments.

Other popular features include trip cancellation, medical and trip interruption insurance, plus free round-the-clock access to CIBC Travel Concierge Service. CIBC's concierge service is well-known for its strong customer service. Travel agents work with cardholders from start to finish to provide valuable travel advice.

Other Aventura Rewards Program benefits include car rental discounts of up to 25 per cent at participating Avis and Budget locations, purchase security and extended protection insurance, auto rental collision/loss damage insurance, and flight delay and baggage insurance.

CIBC's Aventura Program was built on input it received from rewards collectors. In building the program, CIBC listened to Canadians' feedback about current travel rewards programs and built the Aventura with their wish list in mind.

THE FEATURES YOU WANT

To create its popular Aventura credit card, CIBC did its due diligence and asked Canadians what they were seeking in a travel reward program. Among the results, this important request stood out — clients wanted the ability to earn more points for their spending, as well as earn those points faster.

So CIBC Aventura's offer of 1.5 points per dollar spent on gas, grocery and drugstore purchases was an attractive feature. It just makes sense — who wouldn't enjoy earning extra points for ordinary purchases they would have made anyway?

When it came to booking flights, the research showed Canadians wanted the flexibility to know that they could access any available seat on any airline. As well, they didn't want any blackout periods or points expiry, and they wanted to be able to use their points toward taxes and fees.

With so many travel rewards options available, Canadians have become savvy about the pros and cons of the various programs in the market. Travel reward cardholders view CIBC's Aventura offer as attractive due to the value that Aventura Points provide toward travel costs and the ability to book travel without limitations — that means any airline, any seat, any time.

CIBC's Aventura Program also has no blackouts and no points expiry, which means cardholders can use their available Aventura Points to cover everything, including taxes and fees. With Aventura, there are short-haul flights for as low as 10,000 points and long-haul flights for as low as 25,000 points.

It's also possible to use a combination of cash and points to pay for travel. To get started, cardholders will receive a special activation bonus of up to 20,000 Aventura Points.

CIBC listened carefully to what clients said they wanted and compared the CIBC Aventura Program against existing programs. The research clearly indicates that the enhanced CIBC Aventura Program provides great value to Canadians on the features that are important to them.

WIN WHAT YOU REDEEM

CIBC's Aventura Rewards Program members are currently enjoying a popular promotion called the Win What You Redeem contest, in which one person wins any redeemed points back every month.

The CIBC Aventura Rewards Program is also running special travel offers in November, including:

- Sandals Resorts — Earn an extra 10,000 Aventura Points when you book an all-inclusive luxury Sandals or Beaches vacation package.
- Sunwing RIU inclusions — Get extra services and discounts when you book RIU resorts through the CIBC Rewards Centre.
- Holland America Cruise signature amenities — These seven-night cruises start from 69,900 Aventura Points, and you will get a $50 credit when you book through the CIBC Rewards Centre.
- Rainforest Adventures — Receive a discounted adventure trip such as treetop trekking.

Earn 50% more points on everyday items.

Join and earn up to 20,000 Aventura Points.[1]

Shopping just got more rewarding. Earn points and get flying faster when you use your CIBC Aventura® card to make grocery, gas or drugstore purchases.[2] Plus your Welcome Bonus of 20,000 points is enough for a short haul flight worth up to $400.[3]

CIBC

CIBC Aventura. So good even penguins can fly™.

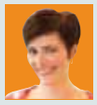
Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1]Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2]Available with Aventura Visa Infinite, Aventura Gold Visa and Aventura World Elite MasterCard cards. Earn 1.5 Aventura Points on purchases (excluding returns) at merchants classified in the credit card network as grocery stores, service stations/automated gas dispensers or drug stores. This bonus Aventura Points offer is only available on the first $80,000 in net annual card purchases on your account (meaning all card purchases by all cardholders, at any type of merchant); after that, net card purchases at grocery, drug store and gas merchants will earn Aventura Points at the regular rate. The $80,000 limit will reset to zero after the day your December statement is printed. Terms, conditions and eligible merchant categories may change without notice. [3]For further details, see the Aventura Airlines Rewards Chart at cibcrewards.com. Visa* and Visa Infinite* are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.

Caramelize to intensify rich soup

Health Solutions

Choose comfort without the excess carbs



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Without a doubt, as the barometer drops, we crave cosiness and comfort.

We are indeed designed to pack on a layer of fat for the winter and sweat it off in the summer, but are thwarted by our stressful and sedentary lifestyles.

Managing this truth means choosing the best way towards comfort food by resisting the cheesy, carb-laden casserole and dishing up some starchy, vitamin-packed squash instead.

Winter squashes like butternut and acorn are really no fuss at all if you bake them whole.

The time consuming part is the peeling and this step is eliminated when roasted whole with a side order of more nutrients being contained within the flesh.

Once roasted, the skin and seeds slip right off and the remaining flesh is ready for anything.

- Add 4-5 cups cooked squash per 1 litre of broth and simmer into soup.
- Mash and use as a side dish.
- Stir into muffin mix and bake moist, warm snacks.
- Blend into pancake mix and pan-fry with bananas.
- Spread with plain Greek yogurt and season well. Serve warm as a veggie, cracker or bread dip.
- Freeze for instant stirring into soups and stews to thicken.

Squashes go well with many flavours, try:

- curry powder
- cinnamon and nutmeg
- garlic and thyme
- sage and leek

We will talk about how to lighten up when the sun comes back to play.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This Baked Butternut Squash Soup recipe serves 12. THERESA ALBERT

Soup Week. Metro's week of warming dishes you can slurp continues — and we threw in biscuits, too

THERESA ALBERT
myfriendinfood.com

Caramelization is what develops flavour in vegetables, particularly the root or starchy varieties.

Baking butternut squash whole not only makes it easier to peel, it also enhances that sweet spectrum that makes this fall food so comforting.

Bake the squash up to three days in advance and the soup comes together for a hearty meal in a one-pot snap.

Soup

1. Place whole squash and onion halves on a baking sheet and bake at 400 F for about an hour until soft. (You can store these in the fridge for up to 3 days or proceed with the soup).

2. Melt butter in a large pot and stir in curry powder as well as crushed cardamom, and stir for 30 seconds. Add wine and simmer for one minute. Stir in broth.

3. Peel and discard skin and seed of squash and onions. Add to the pot and simmer for 15 minutes.

4. Purée with a hand wand and serve with biscuits.

Whole Wheat Sage Biscuits

1. Preheat oven to 425 F.

2. Mix together flours, baking powder and salt. Cut in butter and mix with your hands until it resembles small peas.

3. Stir honey into soured milk and lemon juice and blend into flours gently. Knead together and cut into biscuits.

4. Bake for 15 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

Soup

- 1 large butternut squash
- 2 whole onions cut in half
- 1 tbsp butter
- 1 tbsp curry powder
- 4 cardamom pods
- 1 cup white Zinfandel wine
- 2 litres chicken broth
- Slivered hazelnuts

Whole Wheat Sage Biscuits

- 1 cup unbleached flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 cup butter, room temp
- 1 tsp honey
- 1 cup milk soured with 1 tsp lemon juice
- 2 tbsp fresh sage

This Fennel-Cumin Roasted Butternut Squash recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Fragrant seeds set off squash

We tend to associate dressing with salad, but they actually are an easy — and speedy — way to add tons of flavour to all manner of dishes.

Even roasted vegetables benefit. Too often, we only season roasted veggies before they go into the oven. While this certainly can produce delicious results, it can be limiting.

And that's where dressing comes in for this easy roasted butternut squash recipe that's perfect for fall dining.

Ingredients

- 4 lbs butternut squash
- Olive oil
- 2 tsp fennel seeds
- 2 tbsp cumin seeds
- 2 tbsp lemon juice
- Kosher salt and ground black pepper

1. Heat the oven to 400 F.

2. Peel and seed squash, then cut it into 1-inch chunks. Mound squash on baking sheet, then drizzle with several tablespoons of olive oil. Toss with your hands to coat evenly, then spread in an even layer.

3. Roast for 15 minutes, then use a spatula to turn the pieces and roast for another 15 minutes, or until evenly browned.

4. During the final 5 minutes of roasting, in a small dry skillet over low heat, toast the fennel and cumin seeds, stirring constantly, until fragrant, about 2 to 3 minutes. Remove the skillet from the heat and stir in 2 tablespoons of olive oil and the lemon juice. Season with salt and pepper.

5. When the squash is done, transfer to a bowl. Drizzle the dressing over it and gently toss to coat. Serve warm.

THE ASSOCIATED PRESS

4 SPORTS

$325-million contract

Stanton, Marlins sign record deal

Miami Marlins slugger Giancarlo Stanton has agreed to terms with the team on a 13-year, $325-million contract. Team owner Jeffrey Loria has confirmed the deal, the most lucrative for an American athlete.

It's the most lucrative deal for an American athlete and averages $25 million per season, or $154,321 per game.

The deal includes a no-trade clause, and Stanton can opt out after six years, Loria said. A news conference is planned for Wednesday.

Stanton's contract tops the 10-year, $292-million deal Miguel Cabrera agreed to with the Detroit Tigers in March. Alex Rodriguez signed the largest previous deal, a 10-year, $275-million contract with the Yankees before the 2008 season.

THE ASSOCIATED PRESS

4-player deal

Braves trade Heyward to Cards

The Atlanta Braves dealt outfielder Jason Heyward and reliever Jordan Walden to the St. Louis Cardinals on Monday for right-handed starter Shelby Miller and minor-league pitcher Tyrell Jenkins.

The deal ends Heyward's tenure with his hometown team and lands a young pitcher to bolster Atlanta's rotation.

Miller went 10-9 with a 3.74 for the Cardinals, after going 15-9 with a 3.06 ERA as a rookie in 2013. THE ASSOCIATED PRESS

Jays add Martin to their nest: Reports

MLB. All-star catcher, a Toronto native, agrees to terms hot on the heels of Jays hiring a new hitting coach

Multiple media reports have stated Russell Martin and the Blue Jays have agreed to a five-year, $82-million deal.
JOE SARGENT/GETTY IMAGES

New Toronto Blue Jays hitting coach Brook Jacoby was quite impressed by Russell Martin when he saw the Canadian catcher play in the National League.

If multiple media reports are true, the two will get a chance to work together next season in Toronto.

Several outlets reported Monday that the Blue Jays have agreed to a five-year, $82-million US contract with Martin. The three-time all-star hit .290 with the Pittsburgh Pirates last season with 11 home runs and 67 runs batted in 111 games.

A Blue Jays spokesman said in an email that he had seen the reports, but had not announced anything. A message left with Martin's agent was not immediately returned.

Martin, 31, spent the last two seasons in Pittsburgh. The Toronto native, who grew up in Chelsea, Que., broke into the major leagues with Los Angeles in 2006 and spent five years with the Dodgers before a two-year stint with the New York Yankees.

Over nine seasons, the three-time all-star has a career .259 average with 119 home runs and 540 RBIs.

Jacoby, speaking on a conference call after his own hiring was announced, said he didn't know anything about the reported deal with Martin. However, he did see plenty of Martin in 2013 when they were both in the National League Central — Martin with the Pirates and Jacoby in his last season as Cincinnati's hitting coach.

"He did bring a lot for Pittsburgh, not only offensively in that catcher's position, but his relationship with the pitchers and how well he worked the pitchers against hitters," Jacoby said. "I got to see it firsthand with him.

"What an asset he would be to any ball club that could get him. I hope that is true (that Martin is Toronto-bound)."

A hint of things to come

"I'm big on working the middle of the field, I'm big on situational hitting. So those are some big cards in my deck."

Brook Jacoby, who played 11 seasons in the major leagues, replaces Kevin Seitzer as the Blue Jays' hitting coach

Dioner Navarro was the regular catcher for the Blue Jays last season and Josh Thole primarily served as knuckleballer R.A. Dickey's catcher. The addition of Martin could see Navarro shift to the designated hitter's role in 2015.

General manager Alex Anthopoulos has traditionally made his biggest splashes via the trade route, so the signing of Martin would be a dramatic change to his usual style.

It would also send a signal that Toronto is ready to really open its wallet in an attempt to get over the hump in the American League East.

THE CANADIAN PRESS

Burns' HHOF induction 'was meant to be'

Pat Burns speaks during Patrick Roy's retirement ceremony in November of 2008. GETTY IMAGES

A few months ago, Line Burns was driving to see a friend and just happened to stop in Gilmanton, N.H., where she used to live with her husband Pat. She was fuelling up her car and getting something to eat when her phone rang. On the other end were Pat Quinn and John Davidson from the Hockey Hall of Fame, telling her that Pat Burns would finally be enshrined four years after his death.

"It was meant to be," Line Burns said. "He was probably laughing up there."

Fond memories

"He meant everything for me as I came to the Maple Leafs and also became the captain, too. He really taught me everything." **Mats Sundin** on his former coach, Pat Burns

With her husband's Hall of Fame ring in her grasp, Line talked Friday about how they used to laugh so much at home. She couldn't help but laugh that night when a video montage of Burns' best and angriest coaching moments were shown on the video screens at Air Canada Centre.

Those included him winning the Stanley Cup with the New Jersey Devils, yelling at referees and going after Barry Melrose. "I'm sure it wasn't fun at that time," Line said, "but it was hilarious."

The emotional range of the Burns' family and hockey community is vast as Burns posthumously went into the Hockey Hall of Fame on Monday along with Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake and referee Bill McCreary.

Before his death, Pat told his wife he wanted to make it in.

"It was something like, 'I hope I'll get in one day, and if I get in one day, I hope you're going to be there to represent me,'" said Line.

THE CANADIAN PRESS

Redemption. Williams finding his footing with East-leading Raptors

During a fourth-quarter stretch in Toronto's victory over Utah on Saturday, Lou Williams scored on a pretty turnaround jumper, found Patrick Patterson alone in the corner for a three-pointer, and then drew a foul on a three-point attempt of his own.

Coming off the worst season of his nine-year NBA career, Williams has already been a huge spark off the bench through his 10 games as a Raptor.

"I hope they like me as a player, I haven't heard anything different," Williams said Monday, referring to the Raptors' coaching staff.

The Raptors acquired the 28-year-old and the rights to Brazilian big man Lucas (Bebe) Nogueira from Atlanta in the off-season trade that sent John Salmons to the Hawks. Williams tore his ACL in January of 2013, and then struggled mightily in his comeback last season. Still, the Raptors saw in him a wily veteran who can score under pressure and is a master at drawing fouls.

Lou Williams
THE CANADIAN PRESS

So far he's been as advertised, averaging 10.3 points a night, and has been a key part of Toronto's strong fourth quarters.

His baskets bring cheers of "Louuuuuuuuu!" from the Air Canada Centre crowd — much like Vancouver Canucks fans once chanted for Roberto Luongo.

"He's cool under pressure," Casey said recently.

THE CANADIAN PRESS

Team Canada head coach Benito Floro during practice in the summer. Canada plays Panama in a soccer friendly in Panama City on Tuesday.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE FILE

An uphill battle for men's soccer

All-time low. At 122nd place of FIFA rankings, Canada meets Panama looking for a win

Canada looks to kick-start its rise from the depths of the FIFA rankings when it takes on Panama on Tuesday in the unfriendly confines of Panama City.

Canada currently languishes at a career-low No. 122, sandwiched between Niger and Liberia. FIFA also has the Canadian men ranked 16th in CONCACAF, which covers North and Central America and the Caribbean.

Panama stands 56th in the world and fourth in CONCACAF.

Canada's coach Benito Floro is pragmatic about the low-rent soccer neighbourhood his team currently sits in the rankings.

While acknowledging that Central American countries play more games than Canada so can collect more points in the rankings, Floro is not making excuses.

"I think it's fair," the Spaniard said via an interpreter Monday in a media conference call from Panama City. "We're trying to improve and to get more games to try to improve in the rankings."

Canada's best ranking was No. 40, achieved in December 1996. Its average ranking is 76 since the ratings began in August 1993.

Under Floro, Canada is 1-5-3, having defeated Jamaica, lost to Colombia, Mauritania, Australia, the Czech Republic and Slovenia and tied Mauritania, Bulgaria and Moldova.

The Jamaica victory in September ended a 16-game winless slide that started prior to Floro and included a 10-game 959-minute scoring drought.

On the plus side, Canada is 1-1-2 in 2014, performing admirably most recently in a 1-0 loss to third-ranked Colombia.

Floro, whose coaching resume includes a stint at Real Madrid from 1992 to 1994 as well as teams in Spain, Ecuador, Japan, Mexico and Morocco, says results are "not very very important for us." His emphasis continues to be teaching and getting the tactics and style of play right.

"He's very detailed and I think the players are really starting to see the results of buying into his ideas," said veteran forward Dwayne De Rosario. THE CANADIAN PRESS

Frank

"We're trying to improve and to get more games to try to improve in the rankings."
Coach Benito Floro

Tough road ahead

A blooming rivalry?

Panama will be a stiff test at home, which is just what Floro wants. He knows his team will have to get used to the heat and hostility in Central America when it counts.

Canada lost 2-0 at Estadio Rommel Fernandez in World Cup qualifying in September 2012 just four days after beating the Panamanians 1-0 at Toronto's BMO Field on a 77th-minute De Rosario goal.

The local fans subjected the Canadians to a loud, all-night party outside their hotel last time in Panama City. That shouldn't happen this time since both teams are sharing the same hotel.

THE CANADIAN PRESS

Ski

Miller out for surgery

Bode Miller tried to ski his way through a balky back until it hurt too much.

Miller will undergo outpatient surgery on Monday in San Diego and is expected to be sidelined until at least January.

The 37-year-old missed the start of the World Cup season because of a herniated disk, which has been bothering him since March.

THE ASSOCIATED PRESS

NBA

Kings protest loss to Grizzlies

The Sacramento Kings are protesting last week's loss at Memphis, saying the Grizzlies' winning shot shouldn't have counted.

The NBA said Monday it will rule on the protest by Dec. 2.

Memphis won 111-110 on Thursday on Courtney Lee's last-second basket. The play was reviewed on the court by officials.

THE ASSOCIATED PRESS

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I am very happy with the SHAMAN because he has returned to me the love of my life, who had changed so much, He was able to see through the Brazilian ruins that my mother in law had done something evil to destroy our future marriage. There are no words to describe how thankful I am.
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may feel that a target is beyond your reach but you can get there if you are prepared to make sacrifices. You could opt for an easier objective but you must make a decision quickly.

♉ Taurus
April 21 - May 21
People hold you in high regard because you refuse to be like everyone else. Emphasize your uniqueness and you will find your natural place — at the top.

♊ Gemini
May 22 - June 21
You may be tempted to bulldoze through obstacles today but you can get what you need by less provocative methods. Might sometimes makes right, but not today.

♋ Cancer
June 22 - July 23
Be honest about what you desire, even if there is little chance of getting it. You won't change other people's attitudes overnight, but you can put down a marker for the future.

♌ Leo
July 24 - Aug. 23
Something you think of today has the potential to transform your existence, but only if you have more confidence in yourself as an ideas person.

♍ Virgo
Aug. 24 - Sept. 23
You have more in common with a rival than you realize. Instead of fighting each other, pool your resources. As a team, you will be unbeatable.

♎ Libra
Sept. 24 - Oct. 23
Because there is something you desire you won't hesitate to be assertive today. Be sensible though – know when it is wise to hold back.

♏ Scorpio
Oct. 24 - Nov. 22
If you want to achieve something special, set targets that are not too easy to reach. You are capable today of efforts above and beyond the norm.

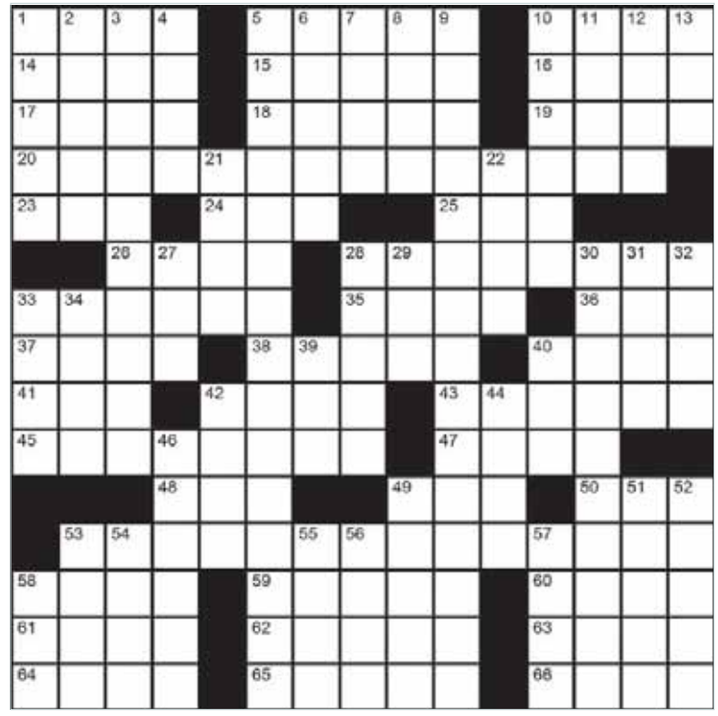
♐ Sagittarius
Nov. 23 - Dec. 21
Don't try to finish something that has become a bit of a chore. You have lost interest in it is because your attitude towards it has changed. It is no longer important today.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to cut back on your social life but you know you have to if you are to make the most of a business opportunity.

♒ Aquarius
Jan. 21 - Feb. 19
Saturn, planet of limitation, warns if you take on too much you may end up further from your long-term goal than when you started. There's no rush.

♓ Pisces
Feb. 20 - March 20
Your daydreams could get you into trouble. Some things are meant to be acted on and some things are meant to remain a fantasy. Keep your imagination under control.

Crossword: Canada Across and Down by Kelly Ann Buchanan



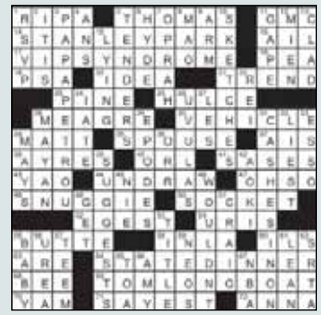
Across

1. Brave New World tablet
5. Some cheeses
10. Twelvemonth
14. "Waking __ Reno" (2002): 2 wds.
15. 'You Win' opposite: 2 wds.
16. Regarding: 2 wds.
17. "Yes, yes!" in Spain
18. Honda model
19. Scot's negatives
20. Kenora, ON's giant fish sculpture: 3 wds.
23. Gremlin
24. Actress Lucy
25. "Norma __" (1979)
26. Famous cookie
28. Health drink place: 2 wds.
33. Ms. Kelly, Canadian who married Princess Anne's son in 2008
35. Guesses [abbr.]
36. TV brand
37. Cracker topping
38. "Never.": 2 wds.
40. Ms. Perry
41. 'Capri' suffix
42. Beaver __, BC
43. Guitarist Mr. Eddy's
45. __ Molson Memorial Stadium (Montreal Alouettes home)
47. TV honcho
48. Path [abbr.]
49. Stock mkt. debut
50. Groove
53. Ed Grimley's favourite game show: 3 wds.
58. Dull noise
59. Concepts
60. Pluses
61. Hwy. truck
62. 'Sleep'-meaning prefix
63. Deer's tail type
64. Anyone annoying
65. Terence d'Arby connecter
66. Tal Bachman's "__ So High"

Down

1. Rolled-in-rice wappetizer
2. Yves Saint Laurent perfume
3. Renee Zellweger movie about 'Peter Rabbit' author/illustrator Beatrix: 2 wds.
4. Canadian satellite
5. Type of Scotiabank Giller Prize winner: 2 wds.
6. Welsh merchant Yale University is named after, __ Yale (b.1649 - d.1721)
7. 'Slithy' Lewis Carroll creature
8. "Sure __ __ standing here!"
9. Fee of trust: 2 wds.
10. "__ Doodle Dandy" (1942)
11. Mr. Morales
12. Perfectly, to __
13. Iceland band, with Sigur
21. Space stuff
22. Pouches
27. Ms. McClanahan
28. Gem
29. Demi Lovato's "Made in the ___"
30. Kellogg's Raisin __ __
31. Entr'__ (Theatrical interlude)
32. Sunny beams
33. Each: 2 wds.
34. 'Accent' add-on (Emphasize)
39. Eggs, Latin-style
40. "Ship and the Globe" Toronto-based singer/songwriter, __ Sun
42. Mention
44. Wife: Latin
46. Purchaser's 'plastic'
49. Q. "Do you know __ __ Sothern is still alive?" A. "I do, and she's not, alas."
51. Excessive
52. Tries
53. "What fun!"
54. Closed-lips sings
55. Product brand for feet, __-Eaters
56. __ covert (Married woman, olde-style)
57. Itar-__ (Russian news agency)
58. Chef's meas.

Yesterday's Crossword

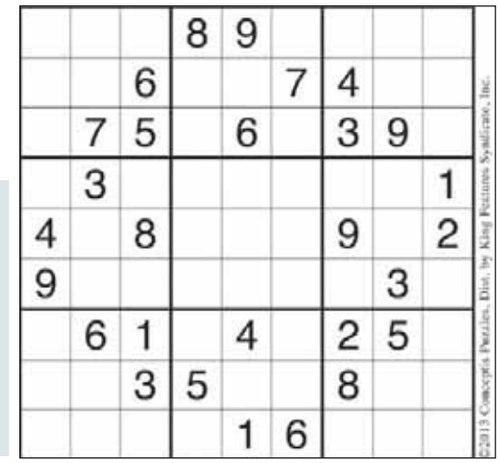


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	1	6	9	2	8	3	5	4
5	9	3	7	4	6	8	2	1
8	2	4	3	1	5	6	7	9
1	6	2	5	7	9	4	3	8
4	7	9	8	3	2	1	6	5
3	5	8	4	6	1	7	9	2
9	8	7	6	5	4	2	1	3
6	4	1	2	9	3	5	8	7
2	3	5	1	8	7	9	4	6

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63,444 km, stk# 36302

$14,460† — $71* weekly taxes included

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